



# Richmond/Southeast **PADRECC**

## Parkinson's Disease Research Education and Clinical Center

Hunter Holmes McGuire Veterans Affairs Medical Center (652/127)

1201 Broad Rock Boulevard, Richmond, VA 23249

For appointments and information please call

(804) 675-5931 [www.parkinsons.va.gov](http://www.parkinsons.va.gov)

### **2011 Parkinson's Disease Support Group**

#### **Monthly Meeting Dates at PADRECC - McGuire VAMC**

Day: **4<sup>th</sup> Thursday of Month** Time: **1-3 pm** Place: **Room 2K-113/115**

**Jan 27:** "Organizing for Seniors", Nancy Watson, CPO-CD, Certified Professional Organizer & Retired Navy Commander, Harmony At Home Organizing, LLC, Virginia Beach, VA

**Feb 24:** "Innovations in Rehabilitation" featuring The Dashaway, a stabilizing exercise platform to help strength, flexibility, balance, & posture. Barbara Rose, Dashaway Company

**Mar 24:** presentation by **Movement Disorder Specialist**, Matthew Boyce, MD, Movement Disorder Specialist, Neurological Associates, Richmond, VA

**Apr 28:** "Library of Congress Reading Program", Inge Flynn, spouse of veteran; and "My Health Vet: Online Access to VA Health Care", Gail Campbell, RN, FACHE, MHA, Communications Specialist, McGuire VAMC

**May 26:** presentation by **Physical Therapist and/or Speech Language Therapist trained in LSVT Big & LSVT Loud**, American Senior Care, Home Health Services, Richmond, VA

**Jun 23:** "Living Life to the Fullest: Strategies to Optimize Thinking and Coping Skills" Sarah K. Lageman, PhD, Assistant Professor, VCU PD Center, Richmond, VA

**Jul 28:** "Medications used to treat Parkinson's Disease", Clinical Pharmacy, McGuire VAMC

**Aug 25:** "Increasing Support for Caregivers of Veterans", Darlene Dameron, Social Worker, Caregiver Support Coordinator, McGuire VAMC

**Sep 22:** "Mind Body Interactions and Stress", John Rosecrans, MS, Affiliate Professor of Pharmacology and Toxicology, Virginia Commonwealth University, Richmond, VA

**Oct 27:** "Increased Melanoma Risk and Parkinson's Disease: True or False?" Calvin O. McCall, MD, Dermatologist, McGuire VAMC

**November:** Happy Thanksgiving! NO MEETING this month.

**Dec 8:** HOLIDAY PARTY 12:30-3pm (held in Multipurpose Room on 1st floor)

**Support Group contact: Lynn Klanchar (804) 675-6952**

**Group is open to the community – you do not need to be a veteran to attend**